THE ART OF LOVE AND MARRIAGE

by A DOCTOR.

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Love—Its Art and Technique

MARRIAGE has two distinct aims—procreation and pleasure. In the India of today the scope of marriage is limited to the former to the almost total exclusion of the latter. So much so that sexual intercourse—even with one's wife—is permitted only if and when its aim is reproduction; on other occasions it is referred to in contempt as mere indulgence, animalism and the like. No doubt India produced some of the greatest erotic writers of the world, but that was long ago. They wrote illuminating and revealing books on this most fascinating and important topic—the art and technique of love. But those authors and their works are now looked askance by the 'well-bred' and the genteel; they are not mentioned before girls and in polite society. But unfortunately in India it is only this small part of the huge population that can read at all. The inevitable consequence is that our love-lore

is a lost treasure, so far as we are concerned, while the people of the West are digging it up. Not that the West has nothing to contribute to the stream of sex-knowledge. Many discoveries in the domain of psychology and science have revealed hidden beauties and charms of the sexual relationship and the researches of psycho-analysts have revolutionized many of our conceptions about various phases of sex. It therefore becomes incumbent on us to lay proper emphasis on the pleasure-side of sex-love which is the most important element in the whole erotic world. Those who seek to minimise the importance of this element have had their day. It is time some one in India took up cudgels on behalf of the erotic factor in love and marriage. There can be no doubt that there has been a lamentable failure to recognize the supreme importance of the art of love. Our entire sex-education consists of a few negatives. The art of love is one of the greatest natural arts—children left to themselves would master it. But the well-bred elders are there to smother the young flower of love.

In most western countries, soon after the appearance of puberty (in some cases even

before it) the art of love begins to be practised in the form of flirtation among the young of both sexes. This practice is so normal and natural that it can be found to exist in what we are pleased to call (unjustly, so for as sexual freedom goes) the lower orders of creation. Although it serves a useful purpose in so far as it introduces the young lovers to the art of love—it is no adequate preparation for the love-life in marriage. This is proved by the appalling ignorance displayed by very many men and women at the time they enter marriage and even after they have been married many years.‡

This ignorance of the art of love or even of the physical facts of sex, is most pronounced among the men and the women of the middle classes. Girls have confessed to the present writer that before actual sexual intercourse

‡A youngman of more than 25—an M. A. of an Indian University confessed to me the other day that he did not know before he learnt it from me a few minutes before, that a woman had two separate openings—one for sexual intercourse and the other for passing urine. I know of another case in which a young married couple had sexual intercourse per anus for the first few months after their marriage because they did not know of any other way!

with their husbands they thought that living together as husband and wife meant only lying side by side in one bed. Naturally the most intimate nature of the connection gives them a rude shock from which some of them do not recover for the rest of their lives. What a shameful fact is it that 'while women are trained for nearly every avocation under the sun, for the supreme avocation of wifehood and motherhood they are never trained at all'. No doubt mothers of girls can do something to get their daughters on the path of sexual-love but here as elsewhere, experience is the supreme teacher. In our present 'civilized' state of living, girls cannot acquire the necessary experience without running great risks to their reputation for virtue. Since, however, a woman awakens to love more slowly than man, she, even with the best equipment, enters marriage at a disadvantage. This want of necessary knowledge and training is responsible for great deal of unhappiness and disharmony among married couples.

In India especially, the elementary training of woman in sex is left to the husband. It is highly unjust to force a woman into marriage with a man before she fully knows what

marriage is and what demands it is going to make on her. Another important consideration that weighs against this practice is that there are many things which women should know, but which it is difficult for the husband to explain. For instance, an inexperienced woman does not know the different effects sexual intercourse has on man and woman. Her frequent orgasms render her radiant and vigorous, while they tend to fatigue and exhaust the husband. But how few husbands are there who will readily admit this (without loss of face) before their young wives, fearing it will amount to a confession of their inability to satisfy their wives' sexual desires ?

The evils of this ignorance of women would be less if it were compensated by the knowledge, skill, and consideration in husband. Unfortunately men are equally ignorant (more especially in India). Those who know a little have picked up their knowledge from prostitutes. Such knowledge is little more helpful than ignorance, for such a husband may begin by treating his wife like a prostitute, thus shocking her into life-long frigidity.

The Bridal Night

"THE Bridal night is practically often a rape."—*Freud*.

"Wedding night deflorations are often really rapes."—*Kisch*.

Under the Indian Penal Code a man who commits rape is punishable with a long term of rigorous imprisonment. What a tragedy that once a young girl has gone through the forms of marriage, she may be 'raped' by the husband at the earliest possible opportunity with almost any amount of violence, with impunity. The man in such a case, is beyond the pale of human (or should we say, inhuman) laws. You cannot, however, defraud or hoodwink nature and her laws. Rape in marriage, being unnatural, is heavily penalized sometimes, with life-long suffering and unhappiness. Ignorance or disregard of Nature's laws brings on the head of the offenders dire consequences, with nature's inevitability. Very large is the number of young married women who can never forget

the painful and disgusting associations of their first coitus and for whom, therefore, the act never brings the supreme joy that is their birthright. The unskilled and excited husband can then—unwittingly—shock his young wife into faminine insensibility which might, in the end, develop into permanent coldness. A nervous, wistful, trembling woman is the harvest of a brutal wedding night. With a little skill, patience and knowledge, women, who are by nature, greater adepts in the art of love, would 'respond to a lover's touch as musically as a guitar does when handled by a skilled musician'. In very many cases, the seed of disharmony is sown on the first night after marriage.

Most of these evils are the result of the 'morality' that is preached to the young men and women, who have been taught to banish all thoughts of each other and of love from their youthful breasts. The notion that sexual gratification is low and degrading is dinned into their young ears and minds. Many unhappy married couples are the victims of this pseudo-morality which is responsible for ruining their lives. A divorce and a fresh start might partially undo the great wrong, but that

is, in most cases (especially in India) an impossibility. No greater cruelty can be perpetrated than binding two young, inexperienced souls together in an indissoluble marriage without even a shred of sound instruction as to how they are to make the best of a difficult task. The young couple start with a great handicap—ignorance of love's sweet art.

When the young husband and his younger wife shut the door on the world and are together alone for the first time, they are faced with a number of problems. The young wife presents a number of obstacles both physical and mental—the hymen, fear, modesty, shame etc.

The Hymen is a thin membrane partially closing the virginal vagina. Most men regard its presence intact as a symbol of pre-marital sexual 'purity'. We shall, for the present, dismiss this absurd notion by merely stating on the highest sex and medical authority that the presence or absence of this filament is no conclusive evidence of previous sexual experience or the want of it. The young husband should proceed without paying the least heed to this matter.[1] It would be absurd to

[1] En. of S. K. p. 141.

limit the definition of virginity to the actual existence of the hymen. If it is not there the young husband should be rather thankful that nature has removed one great obstacle from his no easy path. For, if the hymen is intact, it will require great consideration and patience on his part to rupture it.

Before, however, the stage of hymen perforation is reached, there are more serious obstacles to overcome. The greatest of these is the combination of fear and shame which has its roots in the woman's innermost soul. To conquer her 'opposition', requires great tact and patience. And no husband, who values his future marital happiness can be too careful as to how he proceeds to handle the tender being entrusted to his charge. The music it will give forth in future will depend, for the most part, on how its delicate strings are touched on the very first encounter. He should never forget that the patience and restraint he exercises on the bridal night, will bear him a rich harvest whose wealth he cannot at present estimate.

The Birth of Love

IN Europe and America and most other countries of the world, marriage is preceeded by courtship, and the young couple have already learnt the preliminaries of love making. In India such happy conditions do not unfortunately obtain. (In such a case it would be better if the young couple remain together for a few weeks or months and wait for mutual attraction to be born before they consummate their marriage.) Life under one roof breeds love, since all the factors of sex-love rise by free contact. When two young persons of different sexes live together or have frequent opportunities of free contact, the senses of touch, smell, hearing and vision, all combine to produce love; for all the parts of the body in which these senses reside have the power to produce sexual excitement. And the young husband and wife should proceed patiently in order to enable all these faculties to help them rouse their passions.

TOUCH

As an organ of touch the human skin is the mother of all the other senses. Its beauty has been an inexhaustible theme for admiration for poets of all ages. Snow, marble, ivory, milk, cream, velvet—such are the 'epithets' applied to it. "Touch is both the Alpha and Omega of affections." By touching each other's body frequently, two young persons who come in free contact enable affection to grow between themselves. Thus the sense of touch occupies the first place in a discussion of the sexual emotions. Touching the various parts of a person who stands near us in emotional life, gives us pleasure. And this touching takes various forms among lovers.

Kiss is the most common, typical and the most widespread phenomenon of all touch sensations. The lips are highly sensitive to touch, so is the tongue. Close and prolonged contact of these regions excites men and women sexually. This is well-recognized in many countries, where a girl's lips are reserved only for her lover.

The female breasts are another important sex-centre. They primarily exist for the

child's lips and are intimately connected with a woman's sexual parts. The act of suckling causes uterine contractions and is a source of intense delight to women. Therefore, a woman's breasts, which are one of her chief beauties, offer themselves to the lover's lips with great intimate attraction. Such contact is instinctively desired by women. As a result of a lover's caresses the breasts smell, the nipple becoming turgid and erect; and the mother in the woman wants to place her lover in the child's position. Thus a lover in addition to raining kisses on his beloved's lips, eyes, cheeks, the nape of her neck, should, in order to rouse her passions, also suck the nipples of her breasts.

The whole skin surface is, in reality, sensitive to a lover's touch. The woman thrills when the man she loves passes his hand over her soft body. The skin of certain parts, for instance, the lower part of the back, buttocks, thighs, the breasts, the lower part of the abdomen, is more sensitive from the sexual point of view and the young artist in love should produce as many thrills in his partner as he can. The lobes of the ears are also very sensitive in certain women. In fact the whole female body

is a fertile field for the lover to explore and find beauty spots, when a gentle touch will produce a trilling, trembling note of sexual music !

SMELL

The sexual influences of smell among civilized peoples of the world are small. These influences come into play only on close contact when they serve to increase sexual sympathy or antipathy. The female sex is more susceptible to these odours of the human body. Since they do not play a very prominent part in rousing the emotions they are not treated in detail. Young lovers may on close contact experience the subtle influence of body-odour.

Perfumes also have similar influence as the body-odour, and serve to heighten it. From this point of view, musk is the most potent and interesting. It has the greatest sexual significance for it is said to resemble the odour of sexual excretions and to serve as a powerful sexual stimulant. Smell of leather also has similar influence, perhaps because of its associations and similarity with body-odour. It is also said to suggest the odour of the sexual organs.

The perfume of flowers has a highly pleasurable and distinctly sexual effect. "Make the

chastest woman smell the flowers she likes best and she will close her eyes, breathe deeply and, if very sensitive, tremble all over, presenting an intimate picture which otherwise she never shows except perhaps to her lover." White flowers have a special sexual appeal. In India the henna (mehndi) is used for dyeing the nails, hands and feet, because, among other reasons, its perfume resembles the odour of semen.

So the use of suitable perfumes should be regarded as one of the preliminaries of the first as well as the subsequent acts of coitus. Bed clothes may be perfumed with the musk, flowers may be strewn on the bed or bouquets kept on the mantle-piece. The girl may put a drop of any suitable perfume in her hair or on the back of her ear. A slight touch of a suitable scent on or near the sexual parts will serve to combat the smell of perspiration etc. But it must be remembered that it is only a clean body that can take on a perfume to heighten its attractiveness. A perfumed woman is sexually more attractive. A young couple can help love to be born by the clever application of delicate perfumes.

SOUND

Music and the woman's voice, both play a great part in the creation of sex appeal. We all know that there is magic in some women's voices. And music itself has a marked influence in exciting sexual feelings. "A soft, low voice is an excellent thing in woman —it is one of her crowning charms. How often the spell of beauty is rudely broken by coarse loud talking. How often you are irresistibly drawn to a plain unassuming woman whose soft silvery tones render her positively attractive." A harsh shrill voice seems to deaden and sometimes even to destroy the attraction of a beautiful face. But the effect of music and of the voice is not so well marked in men as in women. The latter are more susceptible to the sexual significance of the male voice and to music. Ellis is of the opinion that the majority of normal educated women are liable to experience some degree of definite sexual excitement from music. It heightens their mood. If possible, therefore, the couple before retiring should have some light music. In these days of the radio and the gramophone, it should not be beyond the reach of many people. In day to day life, before and also

after love is born, the couple, especially the woman, should take particular care that they do not destroy the spell that binds them by a harsh voice. The woman should cultivate a soft, low tones seductive in its silvery notes and soothing to the nerves of her lover and husband.

SIGHT

Love is born, according to the greatest poet of the world, in the 'eyes'.

Tell me where is Fancy bred,
Or in the heart or in the head ?
How begot, how engendered ?
Reply, reply.
It is engendered in the eyes,
With gazing fed...................

Sight of a woman's body is the first stage of the rise of sex-love. It rouses sexual feelings in the male. Her projecting breasts, her attractive round buttocks, her way of walking and moving about, all these exercise a magic charm. It is therefore we recommended before, that where marriage takes place among strangers as is the case in India, living together under the same roof for some considerable time is absolutely necessary before consummation takes place. By repeated impression on the eyes, sexual love is born.

The Obstacles of Virginity.

"A MAN must never permit himself a pleasure with his wife, which he has not the skill first to make her desire".—*Balzac.*

"The way to my senses is through my heart".—*Mary Wollstonecraft.*

In a previous chapter, we have referred to the problems that face the young married couple when they approach each other for the sexual embrace for the first time. The rupturing, or better, distending of the hymen is treated in a subsequent chapter. We shall here refer to the mental obstacles that bar the young lover's way to a virgin's body.

MODESTY & SHAME.

Modesty is a female instinct, based on self protection. Nature provides that no woman should be subjected to sexual intercourse until she is prepared to surender herself of her own free will. To enforce this, Nature planted

the sense of modesty in a woman. So, when a stranger (as most often happens in an Indian marriage) approaches sexually a young girl, all the modesty in her nature comes forth to protect her against the coming onslaught on her virginity. If however, ground has been prepared by natural love and preliminary love-play, this instinct is overcome and gives place to an intense desire for the last stages of the sexual drama. A husband should therefore by his patience, tact, consideration and skilful love-play so rouse his mate before he proceeds to have sexual intercourse with her, that all her resistance is overcome and she becomes an active partner in the feast of the senses. A little violence and show of brutality will nip the flower of love in the bud. In the opinion of the highest authorities in matters of sex, coldness or frigidity (the absense of enjoyment or pleasure in the sexual embrace by the woman) is the most frequent pathological manifestation of the young inexperienced husband's clumsiness. Fear and anxiety become a part of her nature.

In addition to modesty and shame there are other obstacles. . Most young girls, brought up in the austere atmosphere of false modesty obtaining in an Indian home, are panic-

stricken when, for the first time, they have to undress in the presence of a man or let themselves be undressed by him. In such a case it is better to let the bride undress by herself or to return to the room when she is in bed. The man, however, should undress in his own room and not before his young bride.

Sometimes this reluctance to undress or strip is based on the consciousness of a defective or imperfect figure, ugly breasts or other physical short-comings. Men are sometimes afraid that their penis is small. Such defects, it should be plainly understood, do not affect married life and its happiness, if the young couple do not manifestly suffer from this consciousness. Men and women in marriage do not seek and do not expect perfection of body. Thus they should not be obsessed by their own imperfections. Certain physical defects are compensated for by mental qualities. If, however, such fears have taken root in a partner of the marriage bed, the other should not force him or her to reveal what he or she regards his or her imperfections. And when such a defect is discovred the other party should show no surprise or sign of being shocked. Taken in this spirit, such things

play a far less important part than might be supposed.

Hymen is the last obstacle. In many cases it is entirely absent or is such as to be imperceptible. In some cases it is so elastic as to allow penetration without being broken. The absence of bleeding on the wedding night should not be regarded as a proof that the bride was not a virgin. First penetration, however, is normally accompanied by slight bleeding and pain. Sometimes the hymen is so resistant that it requires a slight physical operation to rupture it.

Defloration should be preceded by love-play which should normally characterize every act of sexual intercourse, so that the sexual parts of woman may become lubricated and may let in the penis with least trouble and discomfort.

Defloration or Breaking of the Hymen.

THE first and most important thing to be borne in mind in this connection is that the hymen should rather be distended than punctured. In the days when the human race was young and unfettered by the sex-ethic of to-day, young boys and girls met in the sexual embrace at a very early age. The male organ was not fully developed and the hymen presented no serious obstacle. Penetration, in such cases, could take place without rupture and consequent pain. But to-day, when mature men and women have sexual intercourse for the first time, the physical parts being fully developed, have lost their elasticity, and great care should be taken to avoid unnecessary pain and shock.

The ancient Hindus, who were fully aware of these initial difficulties, recommended a

posture which has certain advantages. According to them, the woman should sit on the edge of the bed, with her feet touching the ground. She should bend her upper part backward, bring it as low as possible, supporting it on her elbows if necessary Her legs should be a little apart. The man should stand between them (the height of the bed should be such as will enable the sex organs of both partners to meet freely.) The man bends forwards over the woman supporting him on the palms of his hands. The clitoris is thrust forwards and receives increased stimulation. The man can further rouse the woman by rubbing the head of the penis on the protruding clitoris. With the attempt at penetration, the penis is thrust horizontally forward and can enter the vagina along its anterior wall by merely distending the free edge of the hymen which is not torn until the body of the penis penetrates.

If the normal position is adopted, then also the husband must try to introduce the penis along the anterior wall of the vagina. Thus forced in, the penis at first distends then finally ruptures the hymen. A certain amount of pain is unavoidable, but it can be shortened by natural concerted effort. When the man feels

the obstruction to deeper penetration, the girl becomes, if not, she should be made, aware of it. Then the husband should give a sharp thrust and the woman, instead of recoiling to avoid the pain, should thrust her pelvis forward to meet the man. Thus pain is reduced to a mere movement and the penetration is complete. The little bleeding consequent on defloration should worry no body. The woman has simply to lie with her thighs pressed close together. and the husband should not try to handle the woman's parts.

If the husband feels that the obstacle to penetration does not give way to his sharp thrust and the pain is very great he should desist from further action for the night. He should postpone his pleasure to the next day, and if necessary, to the dayafter. On no account must he open the gates of his 'sexual heaven' by main force: As has already been hinted, a brutal defloration may result in serious injury to the woman, both physiologically and psychologically. In many cases, the woman finds it impossible to overcome the shock of the wedding nights.

"An ideal pair would linger over this ceremony for a few days. At first they would be

content with sharing the same room. They will be drawn together into sharing the same bed. The physical contact of the bodies would stir their emotions. They would hug and kiss each other. From cheeks, neck, lips, the man's kisses would descend to her breasts and her lower parts. Touching and fondling the sexual organs would follow automatically. The woman's body would quiver, and she would one day draw the man to herself, hold him tight and heave a deep sigh. When the husband finds her in this yielding mood, he lifts her legs and places his glans on the vaginal opening. Soon after he starts the rhythmic movement but gently, without trying to effect full penetration. The kissing and hugging are continued. Both partners may experience orgasm. One day, in her excitement, the woman, when about to experience her orgasm, would press her partner closer, her hymen yielding partially or completely. This ideal manner of defloration may require a week or a fortnight, but this patience would be most amply rewarded."

THE AFTERMATH

We have seen above, that defloration is accompanied by pain, howsoever kind and considerate the husband may be. Pain and the fear of it, combined with the girl's modesty or shyness do not permit her to derive full pleasure from her first complete sexual experience. The man may also not be able to hold himself back, the accumulated excitement, combined with a sense of conquest, opens the flood gates. The woman should, therefore, on no account, feel disappointed. She should not give way to the feeling that she did not get what she expected. Her dreams may not have come true, the reality may in the first instance, have been less than her imagination. It is only the beginning. Her dreams and imaginings will be more than fulfilled, when she tastes the full ripened fruit of love. If her sense of disappointment is visible, her husband should explain the situation to her gently and lovingly. This should serve to restore her serenity.

Love-play or the Preliminaries of the Sexual Act.

ONE of the fundamentals of the act of love is that Love must be revealed by acts and not betrayed by words. This holds good not only at the beginning of courtship, but also in the most intimate relationships of lovers who have long been married. A woman instinctively recoils from verbal demands. Love's requests cannot, must not, be made in words, they must always be divined. When fired with sexual passion, women talk of love, flatter and coax their lovers, and allow certain parts of their bodies to be uncovered. Their breasts seem to swell. The nipple becomes erect. Their eyes become bright. They blush more frequently and more easily. Their private parts become hot and swell. Convinced by these and other signs that his wife desires sexual satisfaction, the husband avails himself of the first opportunity to lie with her in bed.

Quite unawares he unfastens the knot of her lower garments. Her protestations, if any, are smothered and silenced by kisses. He proceeds to touch and caress the various parts of her body, especially those towards which she casts her eyes. He places his hands between her thighs and she instinctively presses them together. A young girl will not readily be stripped naked and a husband should take good care to disrobe her completely. She will cover her breasts with her hands and the lover should remove them gently and cover the quivering breasts with ardent kisses. He will be of himself led to sucking the nipples. Her joy and delight will be revealed by her body becoming limp. She will close her eyes and join with equal ardour, in drawing the man to herself.

Too much stress cannot be laid on the fact that "love-play," *i. e.*, caressing of all the erotogenic zones, inluding the genitals, is no less important an element of the sexual life than is the sexual act itself. To do full justice to love-play, outside of the pleasure which it affords, its physiological import must not be neglected. Its function is two-fold ; first of all it helps

to diminish the inequalities between the sexual sensations of the man and the woman, which hamper their simultaneous orgasms and often preclude it. It is a well-known fact that woman usually needs more time to reach her climax ; if this is ignored, she remains unsatisfied after the man has had his orgasm. It is not only a question of time, but also of the woman's unpreparedness at the beginning of connection. "To make the foregoing clearer, we may compare it to the joint ascent by a man and woman of a mountain, the top of which corresponds to her orgasm and his emission. In the one case the man and the woman start on their ascent from the same level, but the woman walks more slowly, so that by the time she reaches the top, the man has already been descending for sometime, in the other case, they both go at the same pace, but the woman starts from a lower level and therefore reaches the top after the man. In both cases the matter can be arranged if the man, before starting the ascent, gives his partner a suitable start by means of appropriate love-play, she will thus start ahead of him and they may thus reach the top simultaneously. This is the first purpose of love-play. If, however, the woman reaches the

top first, there is no harm done, as the man can always follow her, whereas the opposite is disastrous; because the man may not then be able to help the woman to reach her climax".[1]

The second function of love-play is perhaps even more important. It proves not only that such fore-play is not sinful or depraved, but also that nature itself requires it to facilitate reproduction. Every layman knows that the sexual act is practically impossible if both partners are not sufficiently roused. To bring them to the proper pitch is the aim of love-play. In the woman it stimulates the glandular secretions which lubricate the vulva and the vagina thus facilitating intromission. In the man love-play provokes erection and urethral secretions which also act as lubricants. Without erection coition is impossible and without the aforesaid secretions, there is a definite danger of damaging the female organs at the time of penetration."

That love-play is not an invention of vicious or degenerate people, but a physiological necessity is borne out by the highest authorities on the subject. Says one of them:—

"Taking sexual relationships in the widest

[1] Enc. of S. K.

sense, but still on the physical side, it is important always to bear in mind that whatever gives satisfaction and relief to both parties is good and right, and even, in the best sense, normal, provided (as is not likely to happen in sound and healthy persons) no injury is effected. Fellatio (apposition of the woman's face to the male sexual organ) and Cunnilingus (apposition of the man's face to the woman's sexual organs) the impulse to either of which frequently arises spontaneously in men and women who never heard of such practices) are perhaps the chief of these contacts. It is extremely common, I find, for nervous or scrupulous persons to inquire whether this, that, or the other usual method of sexual gratification is wrong or injurious. A shock is often thus caused, for we seem to be in the presence of something which is un-aesthetic. It seems to be forgotten that not even the most recognized methods of sexual intercourse can well be described as aesthetic." It is not understood that here, amid the most intimate mysteries of love we are in a region where the cold and abstract viewpoints either of science or of aesthetics are out of place unless qualified by more specially human emotions. To the rigid formalist in these matters, well-intentioned but ignorant,

we may gently recall the endlessly wise words of Shakespeare '(Love talks with better knowledge, and knowledge with dearer love.'‡

Thus it is clear that there is nothing wrong in either Fellatio or Cunnilingus when they yield gratification to the two partners. In fact young lovers should be encouraged to play at love-making in whatever way it pleases them. "The whole art of love consists in pleasing the woman."[1] When the young lovers find themselves in the marraige bed their pleasure should be unconfined and unhampered by any preconceived notions of right and wrong. Woman is like a delicate musical instrumeant and an expert lover can make her throb and tingle like the string of a violin. There are an immense number of ignorant, selfish, and brutal men who give themselves no trouble to study the instrument which God has confided to them, and do not so much as suspect that it is necessary to study it in order to draw out its slightest chords. Every direct contact, even with the clitoris, every attempt at coitus (when the feminine organism is not aroused), exercises a painful sensation, an instinctive repulsion, a feeling of

‡ Ellis.

1 Vatsayana.

disgust and aversion. Any man, any husband who is ignorant of this fact, is ridiculous and contemptible. Any man, any husband, who knowing it, dares to disregard it, has committed an outrage. In the final combination of man and woman, the positive elevent, the husband, has the initiative and the responsibility for the conjugal life. The wife, from this point of view, is really the many-stringed instrument who will give out harmonious or discordant sounds, according as she is well or ill handled! A woman will only belong to a man who continues to long for her even when he holds her locked in his arms. A woman's love develops much more slowly than a man's and lasts for a much longer period. A man's desire for a woman tends to arise spontaneously, while a woman's desire for a man tends only to be aroused gradually. It takes a woman sometime months after marriage, before she experiences the full pleasure of sexual intercourse and then only with the man she loves with all her heart. "A woman begins to desire sexual gratification from a man when she loves him enough to give her life for him, while a man often desires to possess a woman physically before he loves her enough to give even his little finger for her." This

however, does not apply to all women. Very many women are sexually as facile as any man, if not more. Husbands who clamour for coitus at the wrong time miss great pleasure. Those who think prolonged courtship previous to the act of sex union wearisome have never given it a trial. It is the approach to the marital embrace as well as the act itself which constitutes the charm of the relation between the sexes. And these considerations do not apply only to the preliminaries to the single act of coitus. In a sense the life of love is a continuous courtship.

The Technique of the Sexual Act.

WHY is it that a vast number of women do not derive any pleasure from the sexual embrace, and an equally large number do not give any pleasure to their lovers ? The answer to this question is not easy or simple. It follows that there are certain essential conditions which must be fulfilled if mutual satisfaction and happiness is to be obtained from sexual union but they remain unfulfilled. This leads to unhappiness and disharmony in the home.

It is common experience that some women are sexually more attractive than others. If we analyse the causes of the phenomenon we shall find that personal cleanliness plays a very important part in the success of sexual relationships. In a hot country like India, women have a cleansing bath once a day. But is that sufficient ? Many smart women have a bath and change of clothes before going into society. It should be clearly realized that a

bath is very necessary before going to bed with one's husband. The whole body should be thoroughly washed and freed from the traces of perspiration and its odour. The sexual organs must in no case be neglected. In fact special attention should be paid to them. Frequent douching is to be encouraged for keeping the vaginal tract in a clean and healthy condition. A clean human body has a pleasant fragrance of its own, which has a stimulating effect on the partner of the marriage bed. Continually we read or hear of a husband who gave up everything to live with another woman. In reality he was merely lured by that which he sought at home and did not find. Application of scents and perfumes should follow a thoroughly cleansing bath, but they should be used in moderation.

'Disrobing is a fine art, which, if properly performed, enhances the sexual power of the male'. Effectively used, this simple matter can convert the husband into a frenzied lover. Women should not resist their husbands' desire to strip them, nor should they deny them the sight of the entrancing parts of their body. Women who want the delights of the sexual embrace and who want to retain the love of

their husbands, should get over these childish notions. A woman with a small amount of common sense will realise that men like to have a look at what is conventionally forbidden. Smart, frilled underwear sometimes sends a thrill of power through the lover's body and fires him with passion. A woman should realise that these things add to the sexual power of man which is so essential for her gratification and happiness. An unyielding resistance may kill the husband's love for his wife.

A man is a hunter by instinct and loves to chase. The flight of the female arouses the male. And the female loves to be chased and even to invite pursuit. And it is thrilling for the female to be caught and forced to submit. Even if her struggle is simulated, she enjoys it. Coquetry is the art employed by the female in attracting the male. It consists in a never ending series of actions that entice without verbal affirmation or consent. By its use she constantly reminds him that he must use his wits to win her favour if he desires to share the joys of sexual delight. Women should not regard the legal and religious bonds of marriage as unbreakable. Man is a man of living nerves and wants to be roused and satisfied in turn.

Spiritual love, no doubt, exists but if the physical channels of love are blocked, the spiritual forces cannot keep love keen and alive. And it is only sexual play that opens up those channels, but many husbands and wives do not know how to play. Prudish women damp the spirits of their husbands by rebuking them from taking liberties which are the very salt of sexual enjoyment. 'Playing in the nude or in partial dress has a wonderful effect on the sexual powers. It generates more sexual energy and helps to break down the barriers of modesty and reserve.' But success in the art of love, can only be attained by mutual co-operation of husband and wife. It is quite wrong for the wives to think that it is the duty of husbands to make amatory advances. It should be realized that the sexual act consists of actions, responses and counter-responses. The husband alone cannot play at love-making. Women who do not play their part well and ardently are likely to fatigue and exhaust their husbands. But with an ardent and active participant, the male power seems to be exhaustless. Men frequently complain that holding sexual inter-course with their wives is like coitus with a dead body. A lifeless woman can never

awaken the male's latent vitality. Most of the men who regard themselves as sexually weak are really sexually timid. They are never roused fully by their partners. It may be that they have an inferiority complex about the size of their penis. A shrewed and intelligent wife—mistress—will put such a man at his ease for the size of the penis has no relation to its utility. What really matters is the power to satisfy. A little well directed joke will convert a timid inadequate lover into a frenzied potent male. A too straight-laced wife considers sexual conversation as impure, and will therefore never 'unveil the sexual soul of her husband.' Such a woman should relize that the sexual organs have been endowed by nature with certain enticing sensations for the continuation of the race, and that there is nothing impure in the exercise of a natural function as best as one can. Every effort of the male should be praised and he should be encouraged to go from one step to another. The magic touch of a woman's hand in the proper place at the right time has more aphrodisiacal effect than any drug, however powerful.

It has been established beyond any doubt that girls become sexually aware at an earlier

age than boys, and also reach sexual maturity at an earlier period of lifé. Therefore at the time of marraige, a girl cannot be regarded as wholly ignorant of sexual functions. Their ignorance is only a pose, but now a days sexual ignorance is not prized, but is rightly regarded as a defect. Knowledge of sexual side of life is a part of education in more advanced countries, and modern novels treat with every aspect of sex life. This is a healthy sign and shows that man and woman are learning to overthrow the false taboos of sexual life and to understand this basic emotion in its pristine, original nakedness. This is the common heritage of man. On the other hand there are many men who omit the play-part of the sexual act and desire intercourse before both the partners have been fully roused. The woman can correct this habit by allowing her various erotogenic parts to be stimulated without pulling any obstacles in the man's way. This will serve to cure man's diffidence and fears. Such love-play does not lower a man or a woman in the eyes of his or her consort, rather it entrances love by increasing mutual happiness. If a man desires manual stimulation of his phallus before coitus, why should a wife be denied the

pleasure of such stimulation? Coitus without love-play is like meat without its seasoning. The modern wife is learning that rotation of her hips during the sexual act is a normal response to sexual stimulation, as also the swaying and swinging of the hips. She knows that it is perfectly normal and ethical to undulate her pelvis rhythmically during bodily communion. We must bear in mind that time changes our ideas. Formerly woman wore large, clumsy dress, which gave them the appearance of bloated baloons. Now they go about dressed smartly leaving portions of their bodies bare and exposed to the eye, which formerly they used to keep covered. Purdah is fast disappearing, and woman is coming out of seclusion. The gulf that separates men from women is still wide, but the bridging is proceeding fast. And men and women are coming to realization that their pleasures are common and should be shared with equal freedom and ardour.

The conduct of the lovers during coitus has been the subject of a number of books in all ages and countries. Many so called moralists regard body movement by the woman, infact any mode of self-expression as lewd or low.

Even a slight variation or side-tracking meant to give pleasure was dubbed a perversion. Now, however, medical opinion is veering round to the point that 'no sex-play is psycho-biologically taboo if it leads to a normally releasing copulation, and does not injure the physical structures involved. Thus fellatio and Cunnilingus become normal if they serve to give pleasure and gratification to the participants in coitus. Far from the lovers' point of view many things are beautiful which are unbeautiful from the point of view of him who is not a lover, the greater the degree to which the lover is swayed by his passion, the greater the extent to which his normal aesthetic standard is liable to be modified. Normal aesthetic standards have no place in the sexual sphere.

Kissing is one of the first and most important forms of body contact which serve to rouse the male and female. It may begin with the hand, but meeting of the lips is putting the seal of passion on the relation between lovers.

KISSES ARE OF NUMEROUS KINDS.

Nominal Kiss:—It consists in the girl merely touching the mouth of her lover without any other action on the part of either of them.

Throbbing Kiss:—When a young girl, getting sexually bolder wishes to touch the lip that is pressed into her mouth and with that object moves her lower lip, but not the upper one, it is called the throbbing kiss.

The Touching Kiss:—When the young girl touches her lover's lip with her tongue, with her eyes shut, her hands on those of her lover, it is called the touching kiss.

The Straight Kiss:—Consists of mere contact.

The Bent Kiss:—Takes place when the lovers bend their heads towards each other while kissing.

A turned kiss involves the turning up of the face of one of the lovers by the other by holding the head and chin and then kissing it.

The Pressed Kiss:—The lower lip is pressed with great force. A great pressed kiss is effected when the lower lip is held between two fingers and is touched with the tongue and is pressed with great force with the lips.

The Return Kiss:—When one kisses the upper lip and the other at the same time kisses the lower one.

A Clasping Kiss:—In this one takes both lips of the other between his or her own. If during this one of them puts his or her tongue into the other's mouth, and the tongues meet, it is called the fighting of the tongues.

The Kissing Game:—In this game the lovers wager with each other as to which one will catch hold of the lips of the other. When the woman loses, she pretends to cry and asks for a return match. When she loses a second time, she feels very much distressed and waits her chance until her lover is off his guard in sleep. Then she gets hold of his lower lip and holds it tight with her teeth. Such wagers and quarrels may also be applied to pressing with the nails, fingers etc.

The Hindus formulated a rule of conduct in such cases:—Whatever things may be done by one of the lovers to the other, the same should be returned by the other; that is, if the woman kisses him, he should kiss her in return, if she strikes him, he should strike her in return. The ancient Hindus realized the value of pain for the induction of pleasure. Nails and teeth were pressed into service for this purpose. The care of the nails and the teeth was therefore enjoined on young lovers. The nails were pressed,

sometimes softly, without leaving any mark on the part of the body touched, and sometimes so hard as to leave marks on the breasts, neck, round the navel, on buttocks etc. The sight of these marks on the private parts of a woman, however old and worn out they may be, serves to revive her old passion. A man who carries the marks of a woman's nails or teeth on his body can always win her love. Similarly great stress was laid on the action of the teeth, which were supposed to play a great part in love. Love bites were classified as follows:—

1. The Hidden Bite (producing mere redness of the skin by the pressure of the lips). 2. The Swollen bite (when a slight swelling is associated with it). 3. A point (when a small portion of the skin is bitten with two teeth). 4. Line of points (when all the teeth are used). 5. Coral bite, (which is done by bringing together the teeth and the lips etc.

Love-pat is another method of love play. The special places recommended for the love-pat are the shoulders, the head, the space between the breasts, the back, especially the lower part, the buttocks, the genitals, and the sides. This might be done with the back of the

hand, with the fingers a little contracted, with the fist and with open palm of the hand. Girls should also utter proper sounds as a means of increasing the male's passion and also for the purpose of informing him that any particular type of stimulation is specially pleasing. The sounds consist of cooing, thundering, weeping and other soft sounds. To reveal the profundity of the sensations, exclamations are employed such as "Oh, mother," "don't," "please," "stop," "help me" etc.

Since no amount of detailed description can exhaust the narrations of the love-play, we quote below the advice of old Hindu sages in this connection:—

About these things there cannot be either enumeration or any definite rule. Congress having once commenced, passion alone gives birth to all the acts of the party.....A loving pair becomes blind with passion in the heat of congress and go on with great impetuousity paying not the least regard to excess. For this reason one who is well acquainted with the science of love and knowing his own strength as also the tenderness, impetuousity and strength of the young woman, should act accordingly. The

various modes of enjoyment are not for all times or for all persons, but they should only be used at the proper time, and in the proper countries and places.

The Act—how to perform it.

IT is generally thought that a few kisses and hugs are a sufficient prelude to the coital act. No doubt this serves to rouse the male and the female to a high pitch of excitement, yet many males adopting this course are not able to perform the sex act to the completest satisfaction of themselves and their partners. The reason is that this brief activity is not sufficient to give the male the power to hold out for any length of time, and this results in his early loss of semen. And since a very large majority of woman complain of absence of satisfaction in their sexual life, we are justified in concluding that a very large number of men are involved in what is called premature ejaculation. And the dull and unsatisfactory nature of the life led by most women is directly the result of the sexually starved life they had. How great is the loss of the woman whose husband is unable to satisfy her to the point of orgasm at all, or is

able to do so infrequently. If such a woman nurses a dread grievance against him, who will blame her ?

When such is the state of affairs the defect must lie in the method of performing the act of coitus.

The system expounded below is based on the highest medical and phychological authority and is the result of the experience of thousands of men and women and has brought happiness and harmony to thousands of homes. Ship of marriage is foundering on the rock of sexual dissatisfaction of men and women. A woman never forgets the man with whom she has her first orgasm and a woman can have no kindly thought or feeling for the man who time after time leaves her profoundly dissatisfied with a 'left in mid-air' feeling. The system of sexual play and sexual control that follows is thus a contribution towards the attainment of human happiness, which is the supreme goal of all human activity.

ATTITUDE TOWARDS THE ACT.

It is unfortunate that most men have an unhealthy and improper attitude towards this act. They regard it as something unholy and

vicious. They do not think that sexual intercourse is the natural consequence of sexual attraction between two persons of the opposite sexes. The untutored and inexperienced male wishing to climb the precipice at a single leap, is thus consumed by his hot desire. And frequently he finds that this hot haste leaves him ineffective at the proper moment. Men and woman should claim as a birth-right all the possible joy that they can derive from their bodies. In order to be sexually strong and vigorous, they must exercise the completest possible freedom of action in their bed-chamber. The male—and the female too, in an equal measure—should cast off the fear of looking silly or ridiculous, for this fear will sap the source of his vital powers. The various activities connected with this matter require a skilful handling and this art can be learned only with diligence. Men have lost the art of bringing woman to the highest pitch of sexual excitement. This is because they have learnt to curb their own desires and dreams. In a state of nature, men and women mixed freely, draining to the last drop the pleasure that the various parts of their bodies were capable of yielding. If he wants to enjoy the sex act and also give pleasure to his mate, man

must learn to overcome the conscious and subconscious taboos which have been instilled into his nature by influences of civilization and upbringing.

The presence of the female in the same bed is sufficient to generate intense tension in the male sexual organ. The inexperienced and impatient lover is apt to desire the consummation of the act immediately. Any attempt to accomplish this result will certainly lead to failure. The nervous system cannot stand this strain for long, if it is not fortified and strengthened by proper period of rest and recuperation. Nothing serves as a better preliminary than light conversation over a 'splendidly prepared drink.' "Awkward formality will disappear" says a high authority, "over a bottle of good wine which mellows human relationships and inspires man'".

Lips, tongue and the cheeks are secondary sexual centres. Even a child enjoys nursing at the breast, for he finds the contact of the lips with the nipple pleasurable. Now this desire (libido) survives even in youth and maturity. But in these phases of life, kissing a loved woman produces a definite effect upon the

sexual organs. Tongue also plays its part in awakening the passions to their highest intensity since the infant's first libido is oral, so, too the young lover's first inclination is to satisfy this 'hunger' of the lips and tongue by kissing the female vehemently and ardently. An erotic kiss is natural and normal and no husband should hesitate to employ this to his heart's (a more correctly lips') content.

But how should the kiss be employed to yield the maximum benefit, without being overdone, for an orgasm can be provoked in certain persons by kissing alone. So the kiss should be given its proper place—a high and important one—but it should not dominate the entire sexual sphere. The woman wants that her oral libido be satisfied but this should be done without shock and only gradually. At first mere contact of the lips should be affected. The young lovers are profoundly moved by this and may desire to proceed with the act just then. This would, however, lead to failure and disappointment. So, whenever the husband feels that he is keyed up to the breaking point, he should desist from the act of kissing for sometime and take a few long and deep breaths. Fresh air in the lungs will serve to strengthen and refresh his nerves;

the storm of excitement will abate and he will be in a position to proceed confidently and safely with the other and more difficult stages of his delicious climb.

When the bodies and lips of the lovers have been in contact for a sufficiently long time, the time has arrived for deeper sort of contact. The quickening of the breathing of the female and her sighs would serve as a pointer. Then the male brings out, through his compressed lips, the tip of his tongue and presses it against her warm lips. Soon this will prove irresistible and her answering tip of the tongue would come out and engage his. The game of the tongues can take numerous forms and shapes. Sometimes one partner would desist and then the other will force the continuation of the process. Periods of waiting and suspense follow those of intense activity. Occasional rest and brief interruptions strengthen the lovers for the climax.

When the muscles of the tongue show signs of fatigue—and this becomes clear when the contact of the lips and tongues does no longer satisfy—it is time to change the particular form of gratification. The oral libido desires to be satisfied at other erogenous centres, invariably

the breast. Every one desires this, but the inexperienced and shy lover does not know how to pass from the lips to the female breast. Naturally he desires to touch the various parts of the body of the woman he loves and his lips share this desire. He must have no scruples, no hesitations, no if's and but's. It's perfectly natural and normal for man to desire to kiss the various parts of a woman's body—the head, neck, chest etc. Men and women in the embrace of love should remember that 'right is that conduct which fulfils all of a man's and woman's wishes at once, suppressing none.' Repetition of these caresses removes awkwardness felt by the lovers in the beginning. Having enjoyed the delights of kissing and hugging for a sufficient period, the male should desist for sometime to relieve the tension of the male organ. He should pass his hands gently through her hair, over her brow and other parts of her body. This soothes the excited woman. Then these very parts of the woman—head, eyes, cheeks, chin, ears, back of the head, front, back and sides of the neck—are touched lightly with closed lips. If it is discovered that caressing a particular part is unusually pleasant then this should be caressed to excite the woman whenever

necessary. The woman many herself point out such parts, by asking her lover to linger on such spots. The kisses with the closed lips may now be followed by more ardent and moist ones. Painless bites are sometimes very pleasing to the woman. In some women, the lobes of the ears are very sensitive and the man should rub them with the tongue.

When these things have been gone through, the nipple of the breast, which previously has been palpated between the finger and the thumb, is now compressed between the lips. The inspiring, exciting and thrilling power of the female breast has long been the favourite subject for poets and lovers. In fact man's appreciation of the beauty of the female breast and its sex appeal, forms a distinct stage in the evolution of love between the sexes. The female breasts are an extremely important secondary sexual centre in woman and are one of her chief beauties. She instinctively desires the contact of her lover's lips on the breasts especially on the nipple. The lover's presence so near her, makes the nipples torgid and erect, and she wants to suckle the lover like the child. In short, contact of the two bodies, and also their pressure (sometimes even slightly painful one) on each other

is the most competent manner of rousing the lovers, and this is the way by which entrance is gained into the body of woman.

In stimulating the breasts,—as indeed all other parts of the body—care must be taken to do it in a way which is in harmony with their primary function, *i.e.*, suckling the baby. The nipple must be manipulated, as far as possible, in the way in which the child sucks it. And the massage and palpation of the breasts should also resemble the act of compressing the milk out of it. To avoid any shock, the male should breathe on the breast for sometime to warm it. This prepares the breast and the nipple for being aroused orally. After to and fro motion of the breasts with the mouth, the tongue may be pressed into service. No bites, no painful pressure should be employed, although light pinches by the soft lips do no harm, when both have enjoyed this part of the love-play, they should have a breathing respite.

When this stage of exitement is reached, the lover, refreshed by rest, and a few deep invigorating breaths, places his head on his partner's bosom and his hand finds its way towards the lower parts of her body. It is passed over the

abdomen, thighs, legs, back, buttocks. This soothes the woman and she becomes ready for the unlocking of the mystery box. The lover now, as if casually, draws his relaxed fingers through the pubic region from below upwards. This is repeated a number of times, until the entrance to the vagina is felt. The legs are separated by inserting the arm between them. The finger now begins to search for the clitoris —the use of the tip should be avoided for fear of injuring the delicate tissues by the nails. A little below the upper uniting point of the lip's of the vagina, will be found a structure about an inch long. Not being fixed it can be manipulated to and fro, and being very sensitive, contact with it provokes a characteristic reaction. If the vaginal secretion is applied to the clitoris, the stimulation will become more pleasant, and since this secretion is found in abundance in that region, it presents no difficulty. The clitoris can be rolled in all directions. Touching the root of this organ adds to the stimulation and the pleasure.

The female having been roused to this high pitch in this artistic and systematic manner, must now proceed to prepare the male for the final state of complete body union. The male,

who is now lying by the side of the excited woman, now directs her hand downward and places it on the phallus. The woman may shrink from it in the beginning, but in a minute or two her fear leaves her, and she is fascinated by the characteristic of the male organ in erection. With her delicate fingers she clasps it lovingly. By light strokes she soothes the excited nerves and the tendency to hurry up is lessened. These strokes should begin at the head and extend towards the base more on the upper surface than on the other. The direction of the strokes is soon reversed. By clasping and grasping, lot of thin liquid comes out and is applied to the head of the penis to prepare it for penetration into the depths of the vagina.

Now arises the question of position which may be assumed for coitus. The orthodox position is that in which the female lies on her back and the man over her. This position is not advantageous for the timid male who is afraid of premature ejaculation, for it hastens the process. This position should be adopted when the lover has become an adept in the art of love and is able to control his bodily reactions. Since the lateral position does not

increase the emotional strain to excess, it is recommended to the beginner and the timid.

The partners are now lying on their sides—the male on his right side—facing each other. His right arm serves as a pillow for the woman's neck and head and his left encircles her body loosely, and enables him to draw her close to her or away from her in order to regulate his excitement.

The man's right leg is drawn up so as to be at right angles to the female's body, which is partially supported by it. Her right leg is above and rests on his left leg. Slight adjustments can easily be made to suit the pair. The male now lies more on his back than on his side, while the female is partially resting on the male and is supported on his chest than on her side. The male is now in a position to move his pelvis forwards and backwards just as he desires. When in this position, the male again locates the clitoris with his finger and places the head of the penis against the clitoris. This is a necessary part of the act, for it accustoms the penis to the effect of the vaginal secretions, which now cover it profusely. The clitorine region provides a neat soft cover for the resting

of the head of the phallus. For five or ten minutes they remain in this position and experience a wonderful relief of tension. If found pleasureable and practicable, the glans or the head of the phallus should be passed and repassed on the clitoris. This gives mutual pleasure and adds to the stimulation of the sexual organs of both man and woman.

Now the time has come for the gradual entrance of the phallus into the vagina. At first only an inch of it is inserted. For this purpose the man withdraws his body a bit and places the head of the penis on the true vaginal opening which is about an inch and a half below the clitoris. There should be no hurry about anything. A few deep breaths will add to a man's strength and confidence in his powers. He removes himself slightly from that position and returns to it time and again. The movement of the phallus involved does not cover more than a fraction of an inch. This lends further confidence to the timid lover and makes the woman more ardently desirous of deeper penetration, but she should not hurry her lover, if he suffers from premature ejaculation. And whenever he feels over excited on the point of ejaculation, he takes a few deep invigorating, and

refreshing breaths. The female now draws him closely to herself, and the man finds his penis probing the warm depths of the vagina. The man now inserts and withdraws more rapidly and halts when he wants to control himself, and after a few deep breaths and a brief period of rest, he begins again. Finally the woman presses her fingers into his skin, in order to show to him that she is about to 'let herself go.' At this moment the male makes repeated and quick and forceful thrusts along the upper vault of the vagina and lets himself 'go' too. Thus the two loving partners find their complete satisfaction in simultaneous orgasm.

By repeated acts thus performed the male gains lot of confidence. Then he can vary the technique a little, and instead of resting the head of the phallus on the mouth of the vagina, he should insert half of it, then halt for two or three minutes before making each stroke. If his point of ejaculation is about to be reached, he should slowly withdraw and put the penis in the clitorine cover or draw it entirely from the vagina, only to reinsert it after a few minutes when the urge to 'go' has died away. This might be done slowly if necessary. Another method of prolonging the duration of the act of

coitus is that when the man feels that the ejaculation is about to take place, he should stop all body movement and also the movement of the penis. A few deep breaths taken at his time will greatly help to relieve the tension—especially if it is done through a partially opened mouth. Within two or three minutes the urge to ejaculate disappears and the man again finds himself able to make the usual movements. He can repeat this process as many times as he likes. And when he feels that he and his partner have enjoyed the act to their fill, he can bring himself and his mate to a simultaneous orgasm.

A little warning will not be out of place here. The inexperienced lover, when he feels that orgasm is coming, tries to control it by tightening up the muscles at the base of the penis. This acts the other way and the ejaculation is only hastened. But the lover should not feel discouraged and lose patience.

The Orgasm.

'DETUMESCENCE (Orgasm) is the end and climax of the whole drama of (sex)'.

" The accomplishment of no other function is so intimately connected with the mind and yet so independent of it ".

THE MACHINERY OF ORGASM.

In men the most primary organs of sex are the testes, in women, the ovaries. The aim and object of the sexual union is to bring the product of the two together, the sperm from the male and the germ from the female. For bringing this about the external sexual organs are meant.

Of all the sex organs the penis has impressed human imagination most. Once it was regarded as sacred and its image worn as a charm. People used to swear by this as by other sexual organs. The scrolum has sometimes been regarded as merely an appendage of the penis and of secondary importance. The penis, however, derives its importance from

being the point at which all voluptuous sensation is concentrated.

To find any correspondingly conspicuous analogous sex organ in woman is difficult. In the normal position nothing is visible, except the peculiarly human cushion of fat, covered in the adult by a more or less bushy growth of hair. A triangle of varyingly precise definition is thus formed at the lower end of the belly. But the real symbol of femininity is the vaginal opening closed from view by the larger lips. The outer sides of these larger lips are covered with hair, the inner sides are smooth and moist.

The key to the female genital apparatus is, however, to be found in the clitoris, which is a rudimentary penis. It is, however, very much smaller, and its sole function is to become erect under sexual stimulation and to receive and transmit the voluptuous sensation it gets by friction with the masculine genital apparatus. It is extremely sensitive. It is, in the graphic word of a famous writer "a veritable electrical button which, being pressed or irritated, rings up the whole nervous system." In face to face and breast to breast position in coitus, the clitoris does not receive its full stimulation and

therefore the woman finds it more difficult to obtain an adequate amount of pressure on this electric button, which normally sets the whole mechanism in operation.

The inner lips run parallel with the larger lips which enclose them. They enclose the clitoris above and the urethral and the vaginal openings below. Their function is not easy to define. No doubt they give a sort of protection to the entrance to the vagina. They also serve to regulate the character and direction of the stream in urination. Under the inne. lips lies the opening of the vagina, which is partially closed by the delicate membrane called hymen. Why should nature have placed this obstacle in the way of fertilisation of the female? The biological explanation of this is that it is an obstacle to the impregnation of the young female by imm ture, aged or feeble males.

THE PROCESS.

During love—play preceding the act of coitus there is accumulation of tension. The sensations of the nerves and the mind now begin to make their appearance in the flesh. The face tends to become red, so also the genital organs. "An erection is the blushing of the penis." The

woman also experiences similar changes in he sexual organs, though they are not so conspicuously visible. The female genital canal becomes turgid. This process of 'erection' in women is accompanied by the pouring out of a fluid which bathes the whole sexual region. This fluid is not like semen and is not essential to conception. This, however, serves to facilitate coitus. The flow of this mucous is a sure indication that the woman is being sexually excited and roused.

When both man and woman are in what may be called the condition of 'erection' they are ready for sexual intercourse. For performing this there are a number of postures (which will be dealt with elsewhere). When the height of exitement is reached and the sense of separateness disappears and that of oneness prevails, at that moment the flood-gates are opened, and the male semen floods the vaginal canal. In response, the urethra contracts in rhythmic spasms. This is orgasm. "During this, intelligence is lost and the faculties are abolished. The eyes become haggard and the look uncertain. In a majority of cases the eyes are closed spasmodically to avoid the contact of the light. The respiration is hurried, and may sometimes

be interrupted only to be emitted in broken, meaningless words. The limbs are seized by convulsions and sometimes by cramps or are thrown wildly about or become stiff like iron bars. The jaws tightly pressed grind the teeth and in some persons delirium is carried so far that they bite to bleeding the shoulders their companions have imprudently abandoned to them. This frantic state lasts for a short time, but it suffices to exhaust the forces of the organism, especially in man." In such a state, according to Vatsyayana, the women of the Punjab like to be caressed with the tongue.

During the orgasm, the womb is not idle. The instant that the height of excitement is at hand, the *os* (the mouth or opening of the womb into the vaginal canal) opens wide and makes a few rhythmic gasps, becoming soft and smooth. When the action ceases, the *os* closes and the gasping movements stop. This however does not mean that conception takes place on account of these movements only. The sperms are very active and mobile, and they, it is said, can remain alive in the vagina for seventeen days. Though penetration and conception can sometimes take place with the hymen intact as the hymen can sometimes dilate without rupturing,

conception sometimes takes place when ejaculation has occured without penetration, for the sperms can travel inward from the mouth of the vaginal canal. The movements of the vagina help them to penetrate inwards. Some writers have gone to the extent of saying that even the penis is not forced but drawn into the vagina.

"The expression of the face after the orgasm is marked by a high degree of energy in men and of loveliness in women. The individual then reaches his supreme state of radiant beauty". The colour is heightened, the eyes are larger and brighter, the facial muscles are more tense so that in mature individuals any wrinkles disappear and youthfulness returns. It is an expression of joy, supreme and unmixed.

EFFECTS OF ORGASM.

Orgasm is a profoundly natural process. Even when the body is not quite fit and sound, it has no harmful effects in many cases. Its usual results, in favourable circumstances, are entirely beneficial. In men there supervenes a sense of profound satisfaction, a glow of diffused well-being, perhaps an agreeable lassitude, occasionally also a sense of mental liberation

from an overmastering obsession. Under reasonably happy circumstances there is no pain, no exhaustion, sadness or emotional revulsion. For once the happy lover does not agree with Shakespeare,

"Past reason hunted, no sooner had Past reason hated".

In women the results are the same, except that the tendency to lassitude is not marked unless the act is repeated several times; there is a sense of reform and self-assurance and often an accession of free joyous energy. After a full and completely satisfying orgasm, she experiences a feeling of intoxication, lasting for several hours, an intoxication that is followed by no 'hang-over'.

Positions in Sexual Embrace.

"VARIETY is as important in the sex-life as it is in everything else. What is the commonest cause of the break-down of the marriage tie? Surely it is a desire for something new. Monotony is the deadliest enemy of love. No one can be expected to eat the same food every day or to wear the same clothes indefinitely. Why should not the some commonsense rule be applied to love"?—*Helena Wright.*

In this chapter we shall start from the point where the two lovers after they have played 'love's sweet game' to their heart's content, are ready for the last phase for which the rest was preparation. They have exhausted the possibilities of excitement outside the woman's body. Now they are ready for the act which will merge two individuals into one.

But what are the various positions in which men and women can come together? How can

they lend variety to this supreme act of love-life, so that it does not become dull or monotonous? How are the two lovers to keep their love fresh and alive through variety, and newness? These are the questions that will claim our attention in the present chapter.

The most important characteristic of the human method of coitus is that it takes place face to face. This is a distinct advance over the quadrupedal method. The lovers are thus enabled to reveal to each other 'the most important, the most beautiful, the most expressive side of themselves.' This also shows that we have outgrown the sexual attitude of animals. The positions adopted by human beings in the exercise of coitus are extremely numerous. Most of these often occur naturally and spontaneously. According to Freud, if the idea of fellatio presents itself to a woman, there is no need to be shocked for it has a harmless origin in the resemblance between the penis and the nipple. Similarly the desire for *cunnilinctus* has a natural analogy in the pleasure of suckling. Modern physicians are all agreed that variations in the ordinary method of coitus are desirable and necessary in many cases. Some of these variations rouse latent sexual feeling as by a charm. Sometimes,

however, it happens that a woman experiences no satisfaction in an unusual position and gets it only in the normal position. The erect position alone meets with unqualified disapproval.

The commonest and (to many) most normal position is one in which the woman lies supine on her back and the man, face to face over her. Sometimes a small, firm pillow is placed under the woman's hips. In order to enable the insertion of the penis, it is necessary for the woman, in most cases to bend her legs. And when full penetration has taken place, the woman encircles the man's body with her legs. This enables the woman to rotate her hips with greater freedom. The undulating movement of the hips, in harmony with the man, adds greatly to the pleasure of the act. In this position man and woman can go on kissing each other on the lips and other places. The man should support his weight on his elbows and knees and should not suffocate his partner. This face to face position does not allow the clitoris to receive its full share of stimulation during coitus and therefore the male should continue to stimulate it frequently with his finger. If the man happens to reach his climax before his partner, this stimulation, coupled with a swift change of

position (say, side to side) will induce the woman's orgasm.

In the opposite position, the man lies on his back and the woman is uppermost. This is generally referred to as 'the woman superior position' and is specially useful if the woman is slight and small and cannot bear the fatigue involved in the common position. This moreover, gives greater freedom to the woman to move her hips as she pleases and can thus control the amount of stimulation she wants to experience. This position is also useful when the husband is tired or not quite well, for it saves him the exertion of movement. The woman, occupying for the first time in her life, the position which gives her the place of command, enjoys her new role very much. "The man in her comes out, and she appears to be a different person to her husband and lover".

A variation of the above position was greatly favoured in Italy of old. The man lies on his back with or without a pillow under his hips, his legs slightly bent to support the woman's weight. The woman sits astride, with her trunk upright or slightly leaning backwards. The movements are all made by the woman, and

the man is passive and does not feel the strain if he is tired or fatigued. A great advantage of this position is that it gives a higher degree of sensation and stimulation to both partners than other positions.

In the sitting posture, the man sits squatting and the woman sits facing him across his thighs, with her legs encircling his body. It is very much suited to new and young lovers. Its main advantage is that both partners can move freely.

The side to side position is more suited when the male is timid and is liable to reach his climax sooner than his partner. There is no choice in sides, the man lying on his right if he is week and nervous, on his left in other cases. The woman slightly bends her right thigh (or the left as the case may be) and places it between the man's legs, her left (or right) leg she places uppermost, on the outerside of the man's body. This adjustment of limbs allows the sex organs to fit conveniently together. The advantage of this position is that neither of the partners has to experience the sensation of weight and oppression which sometimes takes something from sexual enjoyment. The disadvantage is that the man and the woman have less power and

freedom of movement. Placing pillows under the hips of either or both partners helps mutual adjustments.

These positions can be varied by the experienced lovers. For instance, in the man-superior position, the woman's legs can be raised upwards to be supported on the man's shoulders. Moreover, one or more positions can be adopted in the course of a single act of coitus. Infact, lovers should give themselves up to the inspiration of passion.

How to be Happy though Married.

"WE haven't yet discovered how to be happy though married."

It is the proved privilege of woman that the responsibility of her and her husband's married happiness lies chiefly in her hands.

So here are a few 'tips' for her.

Do not be dispirited if the early years of marriage do not come up to the dream.

Do not strive to re-capture the glamour of the first days of your married life for they'll never return.

Do not try to alter your man. No woman has ever succeeded in doing this before you.

Do not get into the fatally easy habit of nagging and complaining.

Do not make 'scenes'. Settle your occasional differences without them. Men have a horror of hysterics and these tears mean *nothing* to them after the first few fallings out. More-

over they have a cheapening effect and result in permanent bitterness of feelings. Donot be careless about your personal appearance.

Donot take leave of your sense of humour when you don your overall. If you must, then above all be sure to reverse the process when your husband returns home in the evening. Then make yourself worth returning to and even 'showing off.'

Don't expect your husband not to appreciate another beautiful girl when he sees one. Donot jeopardise your happiness with jealousy for

"If in this heaven, a hell we find
'Tis all from thee O Jealousie",

Donot fail to devote yourself whole-heartedly to the making of your home.

Donot neglect to merit and inspire your husband's confidences. But trust and respect his reticences.

A woman shouldn't be like any particular flower. It grows monotonous. She should be like a whole garden of flowers, indefinite, restful, drugging the senses.


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